



FAMILY ADVOCACY/ NEW PARENT SUPPORT CLASSES



Call Family Advocacy to sign up today!

2nd Quarter

#784-2474

Infant Bath Class

Who: Expecting Mothers (20 weeks or greater)

Where: Cannon AFB Clinic, Wingman's Conference Room

When: This is a ONE session class offered 6 January 2015 from 1000-1200

What you will learn: How often to bathe an infant, skin care, cradle cap, circumcision, and umbilical cord care signs and symptoms of a sick baby, type of diapers to use, how to take a rectal temperature



Dad's 101 Class

Who: Expecting Dads

Where: Cannon AFB Clinic, Wingman's Conference Room

When: 19 November 2014 from 0830-1500 and 21 January 2015 from 0830-1500

What you will learn: Role of a father and partner, bonding with your baby, care for your infant, pregnancy, the birthing process, and the damaging effects of shaken baby syndrome



Breastfeeding Class

Who: Pregnant mothers (30 weeks or greater)

Where: Cannon AFB Clinic, Wingman's Conference Room

When: This is a ONE session class offered 12 February 2015 from 0800-1200

What you will learn: Breastfeeding techniques, breastfeeding positioning, community support groups and benefits of breastfeeding for the mom and baby



OB Orientation

Who: ALL expecting parents

Where: CAFB Clinic, Wingman's Conf. Rm.

When: EVERY OTHER Thursday from 1430-1600

What you will learn: Assist with OB referral processes. Awareness of local medical resources, dental care during pregnancy, NPSP services, myths and facts of drinking the local water and integrating the infant into the MTF after birth. Information about the HAWC pregnancy exercise and nutrition classes



* We apologize, NO childcare is provided for the aforementioned classes.

**To sign up for the OB Orientation Class
please call: 784-1042/7586**